2015 Website Program Description

Join our team of skilled trainers for a 5-day/6-night deepening journey into your inner guidance. Offered for more than 30 years, Guidelines® is the second consciousness exploration course designed by Robert Monroe. In this unique program, you will discover how to go within, deepen your intuitive channels, and access your inner guidance.

Guidelines builds upon skills acquired during the Gateway Voyage program, further exploring Focus Level 15 (“No Time”) and Focus Level 21 (“The Bridge"), the state between the physical and non-physical. During this deeply meditative journey, experience our audio guidance technology fused with phasing signals derived from brain mapping. Special Hemi-Sync® sound frequencies will support you in expanding your consciousness beyond your physical body and establishing communication with your inner guidance.

Deepen Your Intuitive Channels.
Access Your Inner Guidance.

I AM READY TO EXPLORE!

During this powerful program, you will be guided into the state where out-of-body experiences can occur. Discover how to open the lines of communication and receive guidance from within, as well as from other intelligences. Explore:

- Expanding your consciousness beyond the physical body
- Connecting with other entities/forms of energy
- Cultivating a relationship with what Robert Monroe called your "Inner Self Helper" (ISH)
- Allowing communication to come through your thinking and expression
- Sending healing energy to others

Unique to the Guidelines Program is a complimentary, customized Personal Resource Exploration Program (PREP) session guided by an expert trainer. The PREP session is a powerful consciousness conducted in a special chamber to help you lose all sense of the boundaries of your physical body. PREP sessions have been used for the last 40 years to achieve and explore profound states of awareness.

Expand Your Consciousness. Deepen Your Understanding of Self.

I AM READY TO EXPLORE!

Guidelines is an advanced course and only available to graduates of Gateway Voyage. **We highly recommend reserving your space in advance.**

Your Facility for this Exploration: The Monroe Institute

TMI is the premier experiential residential education center for exploring expanded states of consciousness. For the past 40 years, literally tens of thousands of people just like you have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and many more have journeyed to our facilities looking to expand their consciousness and discovering many of the answers to life's mysteries along the way.

Our Guidelines program will give you the unique opportunity to fine-tune the tools learned in Gateway Voyage, expand your intuition skills, and build confidence in your ability to access inner guidance. Many of our past participants report experiencing:

- Expanding intuitive abilities
- Profound inner wisdom
- Enhanced manifestation skills
- Greater appreciation of self
- Feelings of peace and trust in life

Explore Your Inner Guidance. Connect to Your Higher Self.

Don't take our word for it. Here is what our past Guidelines participants have to say about their experience with us.

"I loved Guidelines. I came home with a deep understanding of my vastness as a conscious being, and with reliable ways to access my inner wisdom as well as a deep and lasting peace about life and life beyond the physical. I took it twice!" ~ Macca P., Alexandria, VA

"Guidelines was profound, quiet, and life-changing. My new career path became crystal clear during the program." ~ Michele S. Denver, CO

"Since taking Guidelines my life has become 'elegantly uncomplicated'. I learned skills to accurately and consistently access my inner guidance system, and make better life choices even years later." ~ Laura D.

Our Powerful 5-day/6-night All-inclusive Guidelines Program Offers:

- Daily consciousness exploration facilitated by our skilled trainers
- Semi-private accommodations
- 3 delicious home-style meals a day
- Daily yoga classes
- Transportation to and from airport (see details)
- As well as access to walking/hiking trails, complimentary WiFi and massage therapy upon request (additional fee).

Connect to Your Inner Self Helper. Access Your Guidance From Within.

I AM READY TO EXPLORE!

“You are more than your physical body. Go experience for yourself.” ~ Robert Monroe

*Note: Every Guidelines experience is unique to the individual. No one experience is like any other. Each participant will have an experience in ways consistent with their needs and beliefs.

Note: Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Monroe Products.